

Authentic Leadership Wireframe

Learning Objectives:

1. Introduce the course with a description, course purpose, and objectives.

2. Map your mindtrap back to its core quality.

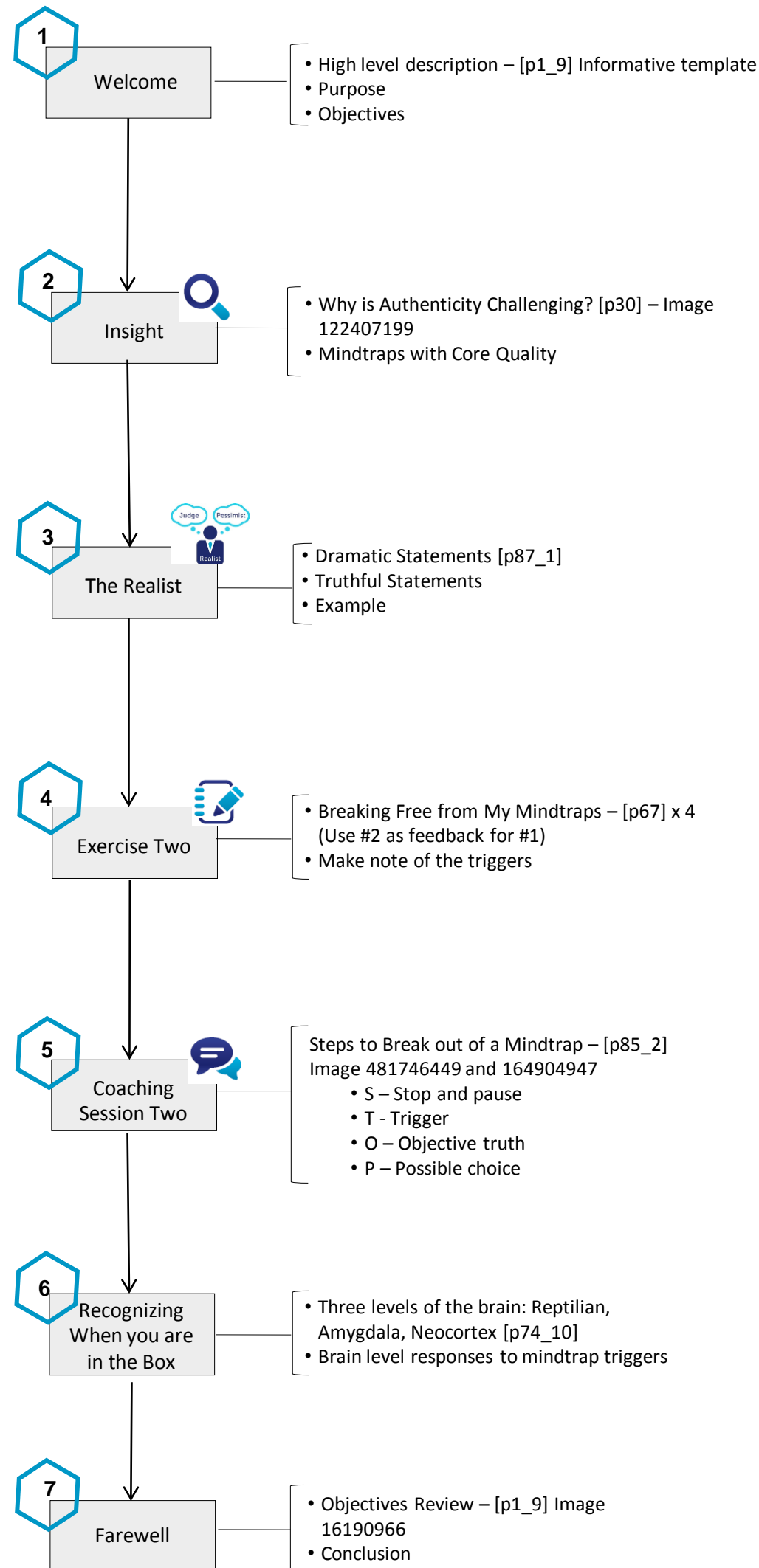
3. Leverage the Realist to break out of a mindtrap.

4. Use what you learned to neutralize mindtraps.

5. Remember how to STOP mindtraps in their tracks.

6. Recognize mindtrap triggers by their brain level response.

7. Goodbye, summary, and review objectives.



Visual Concept:

The screenshots show the following content:

- Welcome to Coach in a Box:** A slide with a blue and green geometric design and text including 'High Level Description', 'Purpose', and 'Objectives'.
- Why is Authenticity Challenging?:** A slide titled 'The Core Qualities that Drive our Response' with bullet points and a 'Worrier' mindtrap example.
- The Realist:** A slide explaining the Realist's role in neutralizing mindtraps, featuring a woman in a business suit.
- Exercises:** A slide with instructions to read questions and write answers, including a 'Now think about what your mind was telling you' prompt.
- Coaching Session Two:** A slide with a 'WRONG WAY' sign graphic and instructions to click on images to see content.
- Recognizing When you are in the Box:** A slide showing a brain diagram with 'THE NEW BRAIN', 'THE MIDDLE BRAIN', and 'THE REPTILIAN BRAIN' labeled.
- Farewell:** A slide with a group photo of people and a 'Well Done!' message, followed by a 'Summary' and 'Reviewing Objectives' section.